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HEALTH WEEKLY

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Prairie View, Texas

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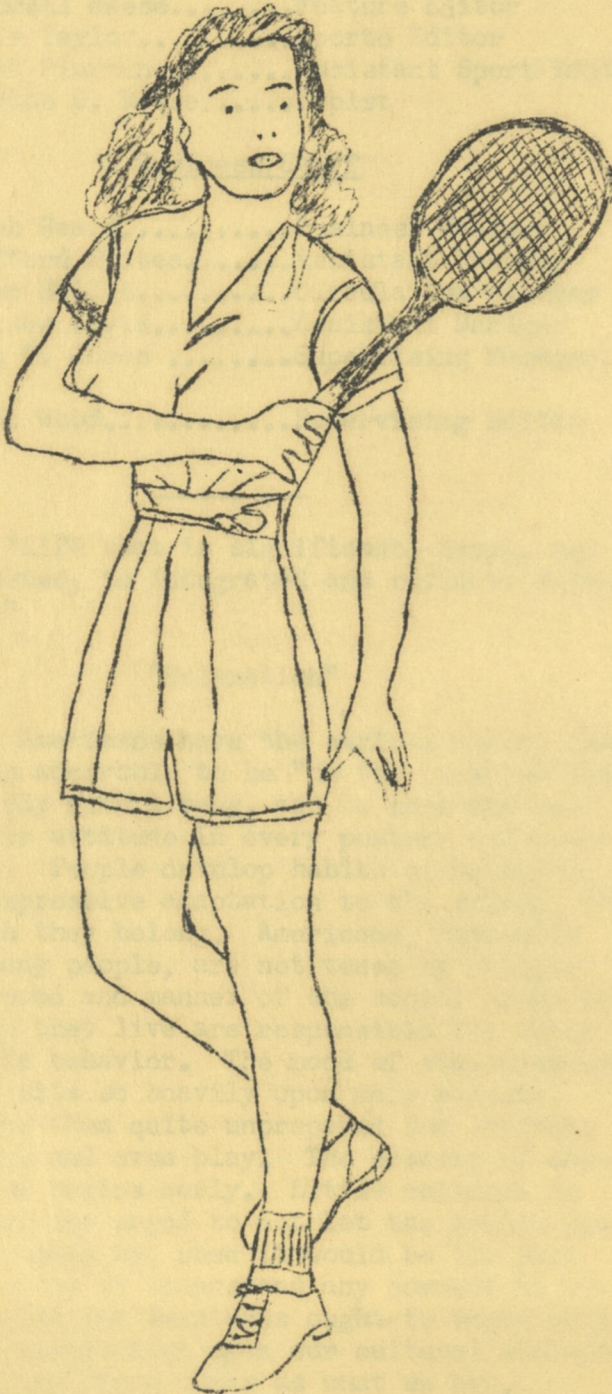
"The Influence of an Educational Philosophy"

It is inevitable that one's philosophy of education not only shapes a definition of the field but also profoundly affects the acts and behavior of its practitioners. There can be no doubt that the way in which the student looks upon the outcomes to be developed forms the philosophy of the teacher, as he has goals, so he has a philosophy. Thus, philosophy enters into all educative experiences, and by so doing it gives a certain tone to the method of coaching, the administrative regulations, and the teacher's objectives. But the philosophy may be quite inadequate; the goal was worth the effort, the game not worth the candle.

Philosophy deals with ultimates and considers remote ends. It cannot afford to ignore the appealing present but the distant goal must be visualized.

The philosophy of democracy declares its purpose in terms of the maximum development of all, equal opportunity for all, and special privileges to none, but no social philosopher can justify this when the not result is to do as one pleases. The young are to be educated but society can never be satisfied with less than the best from each individual. Moreover, this best is to be judged by society and not by the individual. There is no need to claim that community values are superior to individual ones; what is best for the individual is also best for the community. There is no community welfare except the welfare of the individual who make up the community.

A better world is not a miracle to be brought about by some act of the legislature, but accomplished through better living by the people in the world. The individual will be free of course to develop his maximum power that are his best; this is the hope of the future.



HEALTH WEEKLY

Published weekly by students in "Methods and Material of Health Education."

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"Life that is significant, happy, and adjusted, is integrated and reflects meaning."

"Relaxation"

Americans have the curious notion that it is admirable to be "on the toes" to start the day with a bang, and to show the go-getter attitude in every posture and movement. People develop habits of behavior as expressive adaptation to the culture to which they belong. Americans, composite of many people, are not tense by nature, the mood and manner of the social scene in which they live are responsible for their hectic behavior. The mood of strenuousness, that sits so heavily upon many persons, leaves them quite unprepared for loafing, quiet, and even play. The process of education begins early. Little children in school are urged to not let the golden moments slip by, when it would be the part of wisdom to understand any comment on relaxation for Americans ought to begin with this observation upon our cultural characteristics which makes us what we are.

We learn our attitudes; our reactions instruct us further. The hope for poise, calm, and peace of mind rests, of course,

in the fact that the other attitudes that those we now have may be acquired. It is possible to learn attitudes and movements if there is a desire to do so, and a clear appreciation of what it is that we want.

In the process of reconstruction of attitudes and moods, it is important to note that the normal state is relaxation and tension. The athlete in action will illustrate the point. In the moments of active performance, he will show the marvelous possibilities in movements when muscles and nerves work harmoniously. When the run, or jump, or throw is finished, then he shows what relaxation is in the complete let-down from the highly contracted state. There are many ways of promoting relaxation, and the technique involves both physical and psychological measures.

"Habits of Exercise"

It is well known that one cannot buy up in school days a store of health that will last for the rest of life.

College men and women ought to develop during school days a skill in and love for some sport, game, or physical activity which will follow after school days are over. Activities lending themselves to such habituation as swimming, tennis, handball, and walking. To enjoy a hike, to get out in the open spaces, to hunt, to fish, to play golf, to grow things in the garden are health producing activities. Habituation to physical activity is one of the goals that should be set not only for every college man or woman, but for all persons in the formative periods of school life.

Leon English

EASTER SUNDAY April 17, 1949

GO

TO CHURCH

Internal Bleeding

Internal bleeding is most likely to come from the stomach, lungs, or bowels.

Blood from the stomach is usually vomited up and has the appearance of coffee grounds; the digestive juices begin to act on the blood, causing it to turn brown and break up into small clots about the size of large coffee grounds. The most common causes are wounds of the stomach and stomach ulcers. Be careful not to confuse blood swallowed from mouth or nose with blood coming from bleeding in the stomach.

Blood from the lungs is coughed up and is bright red and frothy in appearance. Tuberculosis is the most common cause of spontaneous bleeding. Punctured wounds, particularly when a rib is broken and driven into a lung, will cause bleeding.

In bleeding from the bowels, if the bleeding is from any point fairly high up, the blood is partly digested and changed into a dark, tarry mass commonly described as "tarry stools." If the blood is bright red in the stools, and then the bleeding is from some point low down in the bowel.

In any of these conditions, the three chief symptoms of early hemorrhage - restlessness, anxiety, and thirst - are likely to be present before there is any external evidence of hemorrhage. In fact, any case showing these three symptoms, particularly if accompanied by pallor, weak rapid pulse and weakness, should be considered as a case of internal bleeding.

First Aid

First aid is the same in all three cases.

Keep the patient lying on his back as flat as possible. Turn the head to one side for vomiting or coughing. Turn the head to one side for vomiting or coughing.

Keep the patient perfectly quiet. Move him only when it is absolutely necessary, and then keep him in a lying position.

Keep the patient warm.

Reassure the patient. A person suffering from hemorrhage from the lungs or stomach is usually badly scared. This in-

creases the circulation, retards the formation of a clot, and makes bleeding worse.

A physician's services are always needed at the earliest possible moment.

In chest injuries, when the lung has been punctured and there is bleeding into the lung, the patient may be unable to breathe if he is kept lying flat. It is necessary frequently to prop up these patients, but only high enough to let them breathe.

Artificial Respiration and the Treatment of Common Asphyxial Accidents

Life depends on the energy freed when oxygen from the air combines with food in the body cells. These cells have no store of oxygen, so that the lack of it causes death to follow in a few minutes. Certain brain cells die when they have been deprived of oxygen for as short a time as four minutes.

If lack of oxygen develops slowly, the deadly work is done almost imperceptibly. Gradually the mind becomes impaired. There is shortness of breath during work, headache, and a pounding in the ears, and often a peculiar feeling of well-being which screens the danger signals. Memory is greatly impaired and the victim performs drunken actions.

As oxygen lack progresses, this drunken state passes into the paralytic stage, in which there is paralysis of the body muscles while consciousness remains. At this point the asphyxiated person knows he is in mortal danger but he can do nothing about it. Unconsciousness soon comes and finally breathing stops. But the heart usually continues to beat for a few minutes, and a life can be saved if the proper measures are taken at once.

The use of the first measures designed for these cases of oxygen lack, such as drowning, suffocation, and gas poisoning, requires a working knowledge of the function of oxygen in the body. About one-fifth of the air we breathe is oxygen.

HEALTH NOTES

Health, physical education, and recreational practices in any country depends in large measures upon independent or emulated intellectual developments and social practices, and upon the attitude of those in power in the country.

The school administrator assumes responsibility for the basic organization and implementation of the overall nutrition education program which will provide opportunities for teachers in service to secure significant information about food and nutrition attitudes and practices of their students and their families through:

- Classroom discussion and classroom activities.
- Participation in School Lunch Programs.
- Teacher-student counselling and Parent Conferences.
- Conferences with school or public health nurses, school or public health physicians, visiting teachers, or nutritionists.
- Teacher visits to homes of students.

Learning To Live

We are all aware of the large number of defects that were found among the 18 and 19 year-old draftees. The discovery that all our young people were not as healthy as they should be points out very vividly how urgent it is for the home, the school, and the community to work together. Unfortunately, knowledge of health facts does not always insure desirable health behavior.

A teacher may do an excellent job of instructing pupils to select the proper foods, only to find that they always choose pop instead of milk for lunch. Health information is necessary, but instruction must go a step farther and help children to live healthier lives. Health education, therefore, should not be thought of as a

a separate course or idea but should permeate the 24 hours of the day.

The school should provide for a healthful environment, with adequate water supply, heating, lighting, floor-space, and all other necessary facilities. Teachers and parents should confer with each other from time to time, especially when there is a problem concerning a child. Each teacher should be a teacher of health, for health can be correlated with all subjects. In that the child will learn to think health, act healthfully, and be healthy.

TEXAS MORBIDITY THIS WEEK Week Ending April 2, 1949

Disease	Reported Cases	7 Yr. Median	Total
Chickenpox	1,022	658	14,291
Diphtheria	25	31	301
Dysentery	243	233	4,302
Gonorrhea	434	443	6,852
Influenza	1,495	1,143	29,011
Malaria	121	90	642
Measles	3,401	2,053	38,310
Meningitis	10	10	108
Mumps	509	422	6,091
Poliomyelitis	6	3	118
Pneumonia	470	392	6,850
Scarlet Fever	42	43	513
Smallpox	1	0	7
Syphilis	282	307	5,073
Tuberculosis	112	112	2,154
Tularemia	1	1	18
Typhoid Fever	2	5	45
Typhus Fever	9	12	72
Undulant Fever	17	8	109
Whooping Cough	137	260	1,646

E. Henson, you are as great on the baseball field as you are with the ladies.

M. Simon, will you follow the track team to Wiley College next week?

Is E. Mikle the new girl, R. Johnson?

C. Sams, what are you doing now, taking it easy I suppose?

T. Thompson and I, M. Hollis seems to be playing the campus alone lately. Say guys, I wonder who the lucky fellow will be?

B. Morris, what happened to B. Mack?

J. Ross, who is the lucky one, M. B. Hunt or B. J. Johnson? We want to know.

J. Myers, why slow down, did you see the red light?

O. R. Simmon, don't play so hard, remember you aren't the only one on the campus, oh E. L. Dimony?

Marie Pruitt, always remember good things come to those who wait.

R. L. Bennett, give Mr. Taylor more time for baseball.

Can't keep a good man down, can they J. Ford?

R. Lavert and E. Smith, take it easy because the world wasn't made in one day.

SONNY THOMPSON

HERE

SATURDAY, April 16, 1949

D. Loeb and V. Baker, is it really true love?

D. Smith, have your fun while you can because there is a time for everything.

Sonny Thompson and his "Long Gone" Rhythm Makers will appear in a concert here Saturday for an hour and fifteen minutes, providing plenty of genuine entertainment for the entire faculty and student body. On the following evening, he will play for the student body. So let's go boys and girls and jump to the rhythm of SONNY THOMPSON ! ! !

W. Pruitt, you seem quite lonely lately.

- SATURDAY NIGHT -

C. Mitchell and B. Durham, love is wonderful, isn't it?

S P O R T S

MILE-RELAY THRILLER ENDS
PANTHER VICTORY SATURDAY

The mighty Panther mile-relay team sprinted to victory in a record time of 3:42 Saturday, to wind up the squads' success in the P V relays.

Sapenter, Garrett, Dillion, and Johnson composed the mile-relay team. Of the 14 teams that participated 12 were colleges. The other two, Lackland AAF, and a city team of Houston weren't qualified for rewards. Carol of Tuskegee won the mile run, time 4:46; C. B. Sheppard (Houston city team) crossed the finish line first but first place naturally went to Tuskegee who was in second place.

John Ireland of Southern took the 100yd. dash against a bucking wind, time 10.2 . Eural Davis broke his record of last year in the broad jump being pushed by I. Ireland of Southern, Davis made a leap of 24'11".

Willie Gipson won first in both the discus throw and the shot put. Ray Harrison won the pole vault by clearing 11'6". The 880yd. relay-team of Prairie View won first place also, time 1:33; Clay, E. Davis, F. Reese, and Womack were the four horsemen.

SAM HUSTON DRAGONS DEFEAT
PANTHERS IN BASEBALL AFFRAY

The Dragons edged by the panthers with a score of 12 - 9 .

The Panthers took the lead in the first four innings by a score of 5 - 0 . The dragons caught up by a series of costly errors at crucial moments in the game. As late as the 7th P V was out in front 9 - 5 .

TEXAS STEERS SNAG PANTHERS
FOR DOUBLE-HEADER ON HOME GRDS.

The Steers ended today (Wed.) their second game with the Panthers by a close margin of 13 - 10 to drop them (P V), two more games in the hole.

Tuesday, the Steers had an easier time with the panthers, taking a 12 - 5 victory over them. Too many errors were made and unnecessary scoring was allowed by the panthers. The game was also unusually slow.

Woodrow Jackson lead the team in the second game and was able to hold the steers through the 7th. It was then after Jackson had given out that the steers began to rally.

\$5,000 MORE SAY RAMS IF
GIPSON SIGNS '49 GRID CONTR.

The Los Angeles Rams offers Gip a '49 grid season contract for \$5,000 more, that is more than he has if he signs on the dotted line.

The contract is good for one year but if Gipson proves to be first string material it will be extended. During the past season Gip ended his four years of eligibility and thus far is proving to be the best weight man in the con-

SPORT

HINTS

The baseball conference is divided into two divisions, in the P V division is Southern, Sam Huston, and Texas college. In the second division is Wiley, Bishop, Langston, and Arkansas. The winner of each division will play to determine the championship.

**Intramural soft ball and a ping pong tournament is in the making.